



Aimee's Fast Facts, No. 4: "Diet & Fertility"

As you know, I'm a HUGE fan of a great diet. If you are hormonally challenged – you experience erratic menstrual cycles, horrible cramps, raging PMS or hormonally related acne or weight gain, or if you're having a hard time getting pregnant, then Chinese Medicine-inspired dietary recommendations are for YOU!

The food you eat should have essence-building, hormone-balancing and inflammation-reducing effects. Eat well and you will power up your postnatal essence (the health and longevity that you create by eating and living as naturally as possible), regulate your reproductive system and dramatically improve your fertility quotient.

There are certain food and foodstuffs, however, that I advise against eating if you are trying to become pregnant. Print this out and bring it with you to the grocery store:

What to Avoid When Trying to Get Pregnant:

Alcohol
Aspartame
Caffeine
Canned foods
Cigarettes
Cosmetic chemicals
Food additives
MSG
Pesticides
Plastics
Processed foods (including lunch meats)
Soy and soy derivatives
&... decrease your intake of sugar, cheese and milk

Learn more at:

www.AimeeRaupp.com

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